



## SMOOTHIES

8

### smoothie of the month

**flamingo** coconut milk, pitaya, banana, pineapple

**nutty monkey** almond milk, almond butter, banana, medjool dates, chia, choice of protein

**the palms** almond milk, kale, spinach, mango, matcha

## FRESH BAKED

scone of the week 3.75

croissant 3

ham & cheese croissant 3.75

muffin of the day 3

mini muffin 1.5

fins bar 3

## JUICES

8

**the bomb** apple, carrot, ginger, kale, romaine, parsley, spinach

**iron woman** apple, celery, spinach, kale, lemon, ginger

**sunrise** beets, carrot, orange, ginger, turmeric

## BITES

**Coral bowl** 7

base: pitaya, strawberry, banana, apple juice

toppings: banana, house made granola, hemp seeds, chia seeds

**organic steel cut oatmeal** 4

brown sugar

**add berries or bananas** 2

**FINS parfait**

non-fat greek yogurt, fresh berries, honey, house made granola **sm 4 lg 6**

**bagel & lox** 9

toasted bagel with smoked salmon, red onions, capers, cream cheese

## ADDITIONAL SUPPLEMENTS

1

bee pollen  
flax seeds  
chia seeds  
spirulina

almond butter  
soy protein  
wheat protein  
hemp protein

## JUICE SHOTS

3

**feel good** ginger, cayenne, lemon

**go green** wheatgrass

## LATTES

4

**matcha latte** organic matcha

**turmeric latte** organic turmeric, ginger, coconut oil

**blue latte** butterfly pea tea

all made with your choice of milk